



**Report on 3 days workshop on “Women’s Kho Kho Workshop” organized by Department of Physical Education, Ramachandra College of Engineering, Eluru from May 5<sup>th</sup> to 7<sup>th</sup> 2026**

**The 3-days workshop has been started with the inaugural Principal Dr.M.Muralidhra Rao.**  
 Organized by : Department of Physical Education

Name of the Resource persons : Mr.K.Durga

Designation :Physical Director  
 C.R.Reddy women’s

Topic : 3 Days workshop on  
 “Women’s Kho Kho Workshop”

Venue : Kho Kho Court

Date & Time : May 5<sup>th</sup> to 7<sup>th</sup> 2026

**RAMACHANDRA COLLEGE OF ENGINEERING AUTONOMOUS**

**KHO KHO WOMEN'S WORKSHOP**

The Department of Physical Education cordially invites all women students to participate

<b>DATES</b> 05/05/2026 to 07/05/2026	<b>DURATION</b> 3 DAYS	<b>VENUE</b> KHO KHO COURT	<b>PARTICIPANTS</b> WOMEN STUDENTS
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**HIGHLIGHTS**

- SKILL DEVELOPMENT TRAINING
- TEAM COORDINATION PRACTICE
- COMPETING MATCHES
- CERTIFICATES FOR PARTICIPANTS

DON'T MISS THIS OPPORTUNITY TO LEARN, PLAY & SHOWCASE YOUR TALENT!

SPORTS BUILDS CHARACTER

The program started with the prayer song, followed by inviting the dignitaries onto the ground, and our Principal, **Dr. M. Muralidhara Rao**, addressed the gathering.

**Our Principal Dr. M. Muralidhara Rao** emphasized the importance of physical fitness, teamwork, and sportsmanship in student life. He appreciated the Department and organizers for conducting the Women's Kho Kho Workshop to encourage students' active participation in sports and to promote women empowerment through games. He stated that such workshops help students improve their agility, coordination, leadership qualities, and self-confidence beyond academics. He also encouraged all the participants to make the best use of this opportunity by learning the techniques and values of the game with enthusiasm and dedication. Finally, he conveyed his best wishes for the grand success of the workshop and motivated the students to actively participate in sports activities for their overall development.

**Head of the Department, Mrs. S. Swapna**, addressed the gathering and highlighted the importance of sports and physical fitness in students' overall development. She stated that this Women's Kho Kho Workshop was specially organized to help students improve their practical skills, teamwork, leadership qualities, and sportsmanship. She expressed her happiness in seeing enthusiastic participation from the students and appreciated the efforts of the coordinators and faculty members in organizing the workshop successfully. She encouraged all the participants to actively involve themselves in the training sessions, learn the techniques of the game with dedication, and make the best use of this opportunity. She wished the workshop a grand success and motivated the students to continue participating in sports activities for a healthy and confident future.

### Workshop Schedule

S.NO	DATE	TOPICS COVERED	RESOURCE PERSON NAME
1.	05/05/2026	Inauguration Session	Principal, Physical Education Department & Students
		<ul style="list-style-type: none"> <li>➤ Introduction to Kho Kho and its Importance</li> <li>➤ Basic Rules and Techniques of Kho Kho</li> <li>➤ Warm-up Exercises and Fitness Training</li> </ul>	Mrs. K. Durga
2.	06/05/2026	<ul style="list-style-type: none"> <li>➤ Skill Development Sessions</li> <li>➤ Chasing and Dodging Techniques</li> <li>➤ Team Coordination and Strategies</li> </ul>	Mrs. K. Durga
3.	07/05/2026	<ul style="list-style-type: none"> <li>➤ Practice Matches and Performance Evaluation,</li> <li>➤ Discussion on the Uses and Health Benefits of Playing Kho Kho</li> </ul>	Mrs.K. Durga

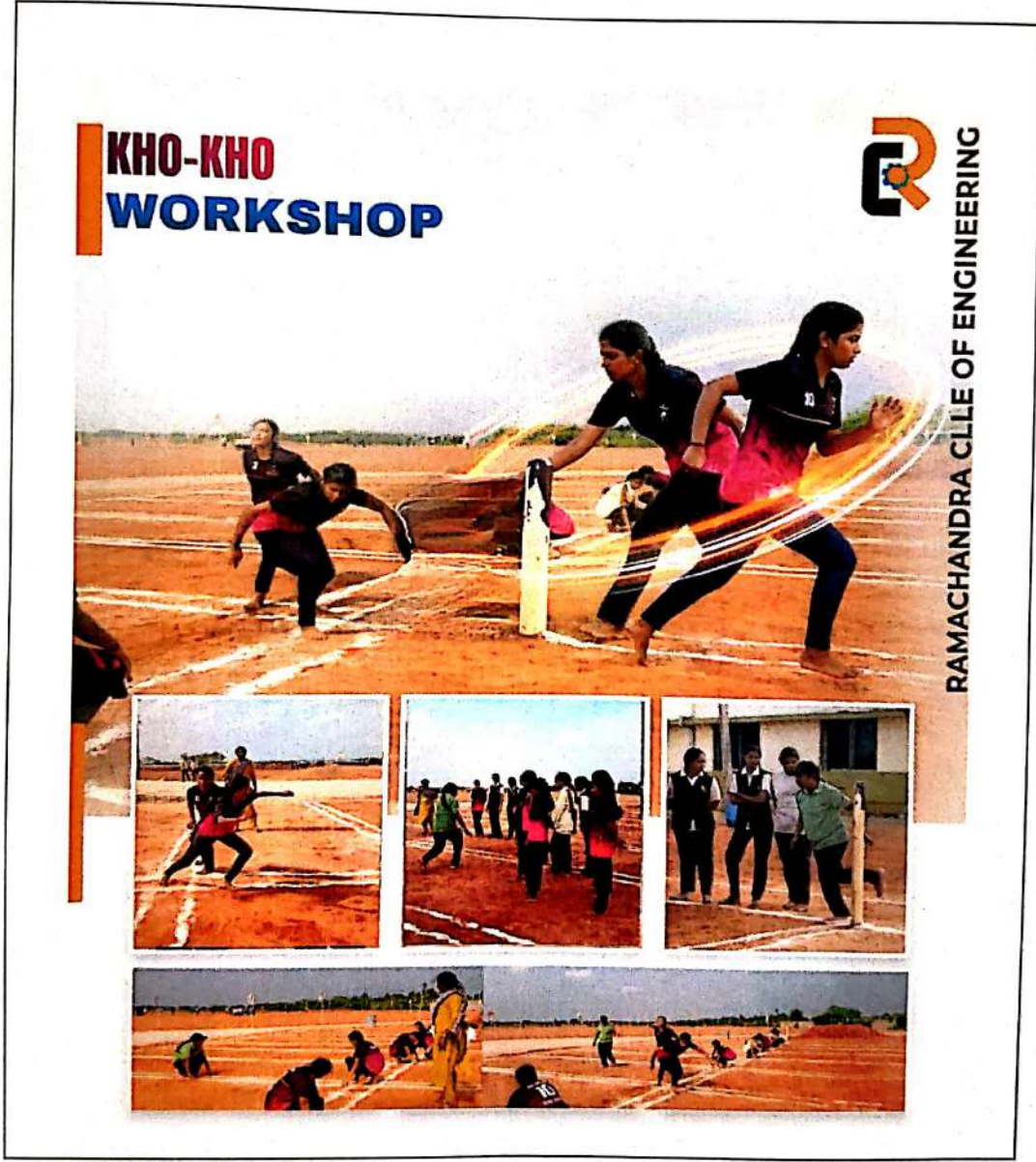
### Inaugural Session



**Day 1 Workshop**

**Resource Person: Mrs.K. Durga**

**Topics Covered: Basic skills and techniques**



**Day 2 Workshop**

**Resource Person: Mrs. K. Durga**

**Topics Covered: Chasing and Dodging Techniques**



**Day 3 Workshop**

**Resource Person: Mrs. K. Durga**

**Topics Covered: Practice match and Benefits of Kho kho**



**Feedback from students :**

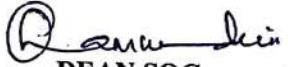

"The women's Kho Kho workshop was very informative and enjoyable. We learned new skills, improved teamwork, and gained confidence through the activities and practice sessions. The trainers motivated us well, and the workshop inspired many students to participate in sports actively."

**Remarks from Resource person :**

"The students participated with great enthusiasm and discipline throughout the workshop. Their energy, teamwork, and interest in learning KhoKho skills were highly appreciable. I am happy to see such active participation from women students and encourage them to continue practicing sports for fitness and confidence."

  
PHYSICAL DIRECTOR

  
DEAN SOE

   
DEAN SOC      PRICIPAL